

OTTAWA JEWISH BULLETIN & REVIEW

Shavuot Observed Sun. May 22 - Tues. May 24

3 And Moses came and told the people all the words of the Lord, and all the judgements: and all the people answered with one voice, and said, All the words which the Lord hath said will we do.

7 And he took the book of the covenant, and read in the audience of the people: and they said, All that the Lord hath said we will do, and be obedient.

Exodus 19

SHAVUOT CANDLE LIGHTING:
Sunday May 22 — 8:15 p.m.
Monday May 23 — 9:15 p.m.
Tuesday, May 24 — Yizkor.
Consult your synagogue for the time of Yizkor Memorial Service.

Shavuot marks the anniversary of the Revelation at Mount Sinai — it is Z'man Matan Toratenu, "The Season of the Giving of Our Torah."

The Ten Commandments, proclaimed in that Revelation, are considered the 120 most important words in the Bible as they constitute not only the foundation of Jewish ethics, but the basic moral code for all mankind.

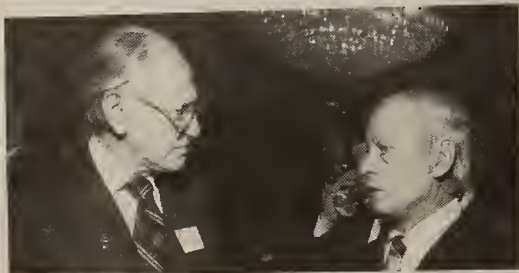
The Book of Ruth is read on the second day of Shavuot. Ruth was a Moabite who turned to the Covenant and became a member of the nation of Torah.



Delegation Visits Pembroke Community



Part of the group enjoying breakfast at the Beth Israel Congregation in Pembroke on April 24.



Quebec Premier Rene Levesque is shown with Dr. Gunther Plaut, newly-elected President of Canadian Jewish Congress prior to the luncheon meeting which he addressed at the Queen Elizabeth Hotel in Montreal on May 13. Over 900 delegates were present to hear the Premier deliver his major address to the Plenary Assembly of Canadian Jewish Congress which met May 12-15. It was followed by a session on "Quebec, the New Reality".

Newcomers' Tea Slated For June 12

The Ladies' Reception Committee for Newcomers to the Ottawa Jewish Community is entering its 20th year of service — under the sponsorship of the Vaad Ha'Ir.

Mrs. Samuel Hock, the founder of this committee, has maintained her keen interest and support through all these years.

Thousands of women have been

welcomed to our Community by the eighteen members of the Committee. Countless letters of appreciation have been received, expressing warm thanks for the opportunity to make new friends.

The first function of this Committee, in January, 1957, was to extend hospitality to a group of Hungarians who had fled their country and arrived unexpectedly in Ottawa. It was an unforgettable

experience for everyone who participated.

Now, twenty years later, the Ladies Reception Committee for Newcomers is planning its forty-first Tea. This will take place on Sunday, June 12 at 2:30 pm. It will be held at the home of Mrs. David Gavsie, 9 Diceman Crescent.

Please contact Chairman, Mrs. Malcolm Glube at 824-4651 if you are a newcomer or know of any newcomer who may wish to attend.



Jeffrey Elsen and Rabbi Chaim Weber with the Ottawa delegation.

On Sunday morning, April 24, a delegation from Ottawa comprising Hy Hochberg, Howard Stanislawski and Jerome Melman went to Pembroke to give the members of that community an update on the Arab Boycott and Jewish Community affairs in

general. The breakfast session chaired by Jeffrey Elsen was addressed by Mr. Stanislawski and his associates. Newton Prager, president of the congregation, conducted the morning service preceding the educational program.

Ottawa Va'ad Hakashrut Statement on Radio every Sunday

The Ottawa Va'ad Hakashrut wishes to clarify a matter over which much doubt has been created in the past few weeks. It concerns the matter of salting of meat.

We wish to state quite explicitly that there are no grounds for permitting the use of potassium chloride as a substitute for sodium chloride in the salting process. This is the established legal opinion of outstanding halachic experts.

Sodium chloride remains the best absorptive substance. Potassium chloride not only is not as absorptive, but presents dangers of its own.

We therefore reiterate that the

proper salting of meat must be done with sodium chloride.

However, we do recognize the problem in certain situations where patients are placed on low sodium diets by their physicians. Even in such situations, a patient cannot be entirely free of sodium chloride and needs a little bit at least. For such situations, we recommend one of the following two procedures:

Procedure No. 1: United Kosher Meat will make available, on request to those who need it, meat which has not been salted. In such situations, roasting on the fire accomplishes the same effect as salt and may be used as a means to prepare the meat in accordance with Jewish tradition.

Procedure No. 2: United Kosher Meat will gladly make available for those on salt-free diets, meat from the inside part of the cut, far removed from the original surface on which the salt was placed and hence, having a very low sodium content. If this meat is washed, it would further reduce the sodium content so that it would be in accordance with medical dictates and Jewish tradition.

We trust this clarifies matters and welcome any further questions you may have on this and other kashrut matters. Further information on kashrut matters may be obtained by calling Dr. B. Diena, Chairman, Ottawa Va'ad Hakashrut, at 728-1479.

Local Ottawa Program on Radio every Sunday

The Jewish Community of Ottawa and the area has been served by its own local television program "Shalom Ottawa" for the past four years. The Community will now have its own weekly radio program as well.

"The Jewish Program of Ottawa" will be broadcast every Sunday from 12:30 until 1:00 pm on CJET-FM, 101.1 on the FM Band. The host will be Rabbi Mordecai Y. Berger, of Young Israel of Ottawa.

The program will focus on Jewish Music, pertinent Jewish issues, current events, and provocative interviews with local and national people of note. Rabbi Berger would welcome input and suggestions from the community-at-large, to make this a program for the entire community.



Rabbi Mordecai Y. Berger

The first program will be this Sunday, May 22, starting at 12:30 pm.

Vaad Report

by David Loeb

President, Ottawa Vaad Ha'ir
(Jewish Community Council)



Notice of the Annual General Meeting of the Jewish Community of Ottawa, Monday, June 27, 1977, 7:30 p.m., Social Hall, Jewish Community Centre

Dear Friends:

In accordance with the provisions of the constitution of the Ottawa Vaad Ha'ir which governs the affairs of the Jewish Community of Ottawa, notice is hereby given that the Third Annual General Meeting of the Community will take place on Monday evening, June 27, 1977 at 7.30 p.m., in the Social Hall of the Jewish Community Centre, 151 Chapel Street, Ottawa, for the purpose of receiving reports and financial statements, and for the election of Officers and Trustees for the coming year.

The session will coincide with the 43rd Annual General Meeting of the Ottawa Vaad Ha'ir. Every member of the Jewish Community of Ottawa who is eighteen years of age and over and a contributor in good standing during the current year to the United Jewish Appeal of Ottawa is invited to attend and is eligible to vote at the meeting, to sit as an officer or trustee and to nominate or vote for officers or trustees-at-large. No participating member of the community may vote by proxy.

The By-Laws call for the election of a President, a First and Second Vice-President, a Treasurer, an Honorary Secretary and a Board of Trustees composed of representatives of synagogues and organizations, beneficiary agencies, youth and the clergy. The names of these designates are shown alongside so far as that information is available at this time. The Board of Trustees of 120 also includes thirty Trustees-at-Large, ten of whom are elected each year for a period of three years. The listing of the trustees whose terms expire in 1978 and in 1979 are also indicated.

Officers may only serve two consecutive one-year terms in their respective offices. No person is eligible to be an officer unless he or she has sat as a trustee for the prior year.

The constitution also provides for the appointment of a Nominating Committee of seven which has the responsibility of selecting a Slate of Officers and Trustees-at-Large for the ensuing year and proposing their names to every known participating member of the community. This committee has met and their recommendations are as follows:

For President: — Gilbert Greenberg (first term)
For First Vice-President: — Sol Shinder (first term)
For Second Vice-President: — Dr. Baruch Diena (second term)
For Treasurer: — Alfred Friedman (first term)
For Honorary Secretary: — Joseph Lief, Q.C. (first term)

For Trustees-at-Large:

- | | |
|-----------------------|-----------------------|
| 1. Hy Calof | 6. Herbert Nadolny |
| 2. Stanley Katz | 7. Mrs. Bertha Palmer |
| 3. Mrs. Sally Levitan | 8. Gordon Roston |
| 4. Gerald Levitz | 9. Sol M. Shmelzer |
| 5. John Marks | 10. Herbert Zagerman |

Other persons eligible to be elected as Officers and Trustees-at-Large may be nominated in writing and their names will appear on the ballot, provided that the person so nominated consents in writing to be a nominee; ten other participating members of the Jewish Community sign the nomination papers; and that the nomination papers are received by me not later than noon, Monday, June 6, 1977.

Should there be any further nominations, the community will receive notice of the names of such nominees and the positions contested by June 20.

Sincerely yours,

David Loeb
David Loeb
President.

Distinctive Recognition

I know that the entire Jewish community will wish to join me in extending congratulations and best wishes to two distinguished members of our community who have been honoured recently.

To the Right Honourable Bora Laskin, Chief Justice of Canada — who, in company with the Chief Justice of the United States and the Chief Justice of Israel, received an Honorary Doctor of Law degree from Yeshiva University on May 1.

On May 12, the Chief Justice was singled out again at the Plenary Assembly of Canadian Jewish Congress when a scholarship in his name was established. It will be granted to a law student each year who submits the best essay on a subject related to Jewish Ethics and the Law.

To Allan Gottlieb — on his appointment by the Prime Minister of Canada to the post of Undersecretary of State for External Affairs. Mr. Gottlieb moves to the new assignment from his present position as Deputy Minister of Manpower and Immigration.

The Ottawa Jewish Bulletin and Review is published by the Ottawa Vaad Ha'ir (Jewish Community Council of Ottawa), 151 Chapel Street, Ottawa, Canada K1N 7Y2. Norman Zagerman, Immediate Past-President; David Loeb, President; Gilbert Greenberg, Dr. Baruch Diena, Vice-Presidents; Zeev Vered, Treasurer; Sol B. Shinder, Honorary Secretary; Hy Hochberg, Executive Vice-President; Gaye Applebaum, Bulletin Editor.

TRUSTEES-AT-LARGE

- | Retiring June, 1979 | | | Retiring June, 1978 | | |
|-----------------------------|---------------------|------------------------|-------------------------|--|--|
| 1. Ben Achbar | 6. Jacie Levinson | 1. Gerald Berger | 6. Dr. Sidney Kardash | | |
| 2. Mrs. Sheila Flagal | 7. Eugene Rothman | 2. Morris Cantor | 7. Mrs. Joseph Lief | | |
| 3. Lawrence Freedman | 8. Sol Shabinsky | 3. Joseph Ginsberg | 8. Mrs. Laz Mirsky | | |
| 4. Irving Greenberg | 9. Harold Shenkman | 4. Mrs. Arnel Goldberg | 9. Mrs. Herbert Nadolny | | |
| 5. Mrs. M. (Bess) Greenberg | 10. Mrs. Zeev Vered | 5. Mrs. John Holzman | 10. Mrs. Joseph Viner | | |

SYNAGOGUE AND ORGANIZATIONAL NOMINEES TO BOARD OF DIRECTORS 1977-78

SYNAGOGUES

- | | | | | |
|--------------------|--------------------|---------------------|---------------------|------------------|
| Agudath Israel (4) | Beth Shalom (6) | Machzikei Hadas (3) | Temple Israel (2) | Young Israel (2) |
| Sol Kaiman | Irving Aaron | Harry Hecht | Ernie Potechin | Dr. Baruch Diena |
| Joseph Lief | Benes Cantor | Jack Pleet | Mrs. Connie Reisman | Dr. Norman |
| Sid Margles | Alex Cohen | Laurence Sugarman | | Tenenbaum |
| Israel Shinder | Issie L. Landau | | | |
| | Kenneth Radnoff | | | |
| | J. Morris Woolfson | | | |

SISTERHOODS

- | | | | | |
|---------------------|---------------------|--------------------|-----------------------|-----------------------|
| Agudath Israel | Beth Shalom | Machzikei Hadas | Temple Israel | Young Israel |
| Mrs. Israel Hoffman | Mrs. Charles Taylor | Mrs. Morton Taller | Mrs. Stephen Asherman | Mrs. Norman Tenenbaum |

ORGANIZATIONS

- | | |
|--|-----------------------|
| B'nai B'rith No. 885 | Gerald Snyder |
| B'nai B'rith No. 2159 | Alan Freed |
| B'nai B'rith Women No. 421 | Mrs. George Gara |
| B'nai B'rith Women No. 1041 | Mrs. Thomas Huber |
| B'nai B'rith Women No. 1426 | Mrs. Harry Hecht |
| Chevra Kadisha | Jacob Landau |
| Chevra Mishnayos | Rabbi Jacob Cement |
| Zionist Society | |
| Mizrachi Men | Sol Sherman |
| Mizrachi Women | Mrs. Baruch Diena |
| National Council of Jewish Women | Mrs. Harold Sachs |
| Ottawa Hadassah-Wizo | Mrs. Robert Berezin |
| Ottawa Hebrew Benevolent Society | Sam Caplan |
| Ottawa Hebrew Free Loan | Thomas Sachs |
| Hillel Lodge Women's Auxiliary | Mrs. Harry Baker |
| ORT | Mrs. Emmanuel Agulnik |
| | Mrs. Jerry Penso |
| Pioneer Women | Mrs. Doreen Bodnoff |
| River View Golf Club | Allan Solomon |
| Jewish National Fund | Mrs. Isaac Levine |
| Canadian Friends of Hebrew University | Norman Zagerman |
| Canadian Friends of Bar Ilan Univ. | Hyman Bessin |
| Canadian Friends of Technion | Zeev Vered |
| Canadian Friends of Haifa University | Mervin Mirsky |
| Canadian Friends of Tel Aviv Univ. | Sol Shmelzer |
| Canadian Friends of Ben Gurion Univ. | Alan Abelson, Q.C. |
| Canadian Friends of Weizmann Institute | Zeev Vered |
| State of Israel Bonds | Moshe Feig |
| Labour Zionist Council | Harry Goldstein |
| Histadrut League | Hugo Levendel |

U.J.A. LOCAL BENEFICIARY AGENCIES

- | | |
|---------------------------------------|---------------------------|
| Hillel Lodge | Theodore P. Metrick, Q.C. |
| Ottawa Talmud Torah | Carl Rosen |
| Ottawa Modern Jewish School | Dr. Norman Barwin |
| Temple Israel Religious School | Joseph Stern |
| Jewish Community Centre | Irving Rivers |
| Camp B'nai B'rith | Lee Raskin |
| Camp Gasher | Larry Harris |
| Jewish Students Union | Mrs. Eugene Rothman |
| Ottawa Vaad Ha'ir | David Loeb |
| Ottawa Vaad Hakashruth | Dr. Baruch Diena |
| Pembroke Talmud Torah | Newton Prager |
| Judaic Studies Program | Eugene Rothman |
| Canada-Israel Academic Exchange Prog. | Eugene Rothman |

RABBIS OF CONGREGATIONS

- | | |
|-----------------|---------------------------|
| Agudath Israel | Rabbi Roy D. Tanenbaum |
| Beth Shalom | Rabbi Saul I. Aranov |
| Machzikei Hadas | Rabbi Dr. Reuven P. Bulka |
| Temple Israel | Rabbi Donald R. Gerber |
| Young Israel | Rabbi Mordecai Y. Berger |

PAST PRESIDENTS OF THE VAAD

- | | |
|------------------|---------------------|
| Hyman Bessin | Mervin Mirsky |
| Alex Betcherman | Abe Palmer |
| Lawrence Freiman | Thomas Sachs |
| Hyman Gould | Hyman Soloway, Q.C. |
| Bertram Loeb | Norman Zagerman |

We Walk as One

Sunday, May 29

SHABBAT CANDLE
LIGHTING

FRIDAY, MAY 20—8:12 P.M.

FRIDAY, MAY 27—8:19 P.M.

4 Year Old Kindergarten

TALMUD TORAH AFTERNOON SCHOOL

is planning to establish a

SUNDAY MORNING 4 YR. OLD

KINDERGARTEN PROGRAM

BEGINNING SEPTEMBER, 1977

To register or for further information please contact
Mrs. Estelle Gunner, Supervisor, Talmud Torah
Afternoon School, 1400 Coldrey Ave. (Tel. 728-1750,
829-2455).

This Year — It's A Family Affair



We Walk As One

UJA NATIONAL

WALK-A-THON

Sunday, May 29

"Jerusalem Day" In Canada

Register and Start

WALKERS 9:00 A.M.
BIKERS 9:30 A.M.
SPECIAL 18-KILOMETRE JOG 10:30 A.M.

Assembly and Finish

Mooney's Bay, Administration Building
(entrance off Riverside Dr., follow the signs)

This year we are starting the Walkathon from Mooney's Bay. The new route leads along the Rideau River and Canal. It is well-shaded in most parts and well-suited for full family participation.

The funds raised by the Walkathon will complete our payments towards the kindergarten erected in the name of the Jewish Community of Ottawa in Maalot, Israel. The balance will go towards special projects in Israel.

This is not a race, but a symbolic event marking "Jerusalem Day" in Canada. Obey the Marshalls, Police, and Highway rules and regulations.

Refreshments will be provided along the route and at the finish. If you wish a more substantial fare, bring a "picnic basket". Facilities will be available. Entertainment and music will greet the walkers at the end of their walk.

You must register. Print sponsor sheets clearly and have your release form signed. A free T-shirt to all participants!

Come prepared — suitable shoes and heavy socks. A canteen, hat, and sunglasses are suggested, if the day is warm.

Get as many sponsors as possible. Extra sponsor sheets are available at the Jewish Community Centre and at all synagogues.

Tips For Walkers

- Bring only money for telephone and bus fare.
- Eat lightly and frequently; high energy foods are best.
- Wear comfortable shoes, preferably a lace-up type. Don't wear new shoes. Tennis shoes are acceptable.
- Wear two pairs of socks; one cotton pair for absorbency and a pair of wool ones for cushioning.
- People with sensitive feet should apply Tincture of Benzoin to the sole of the foot prior to the start of the March to toughen

the skin and help prevent blistering. Also powder your feet, as Benzoin is very sticky.

- Avoid sitting around when finished; only seasoned walkers will not stiffen after the March.
- Girls — leave your purses at home; even the smallest purse grows heavy during a long trek.
- When you've had it, QUIT. This is not a race or an endurance test.

For More Information Contact:

Walk-A-Thon Headquarters - 232-7306 (Ext. 38)

Israel Bond Leadership Conference Seeks Young Delegation June 3-5

A Leadership Conference for new leaders of the Israel Bond Organization will be held in Ottawa from June 3 to June 5, in which new leaders from Toronto, Hamilton, Windsor, Kingston and Ottawa will participate.

The Central Regional New Leadership Conference will be held at the Jewish Community Centre and at the Park Lane Hotel and an exciting program of discussion and social activities has been planned.

Keynote speakers at the Conference include Michael Arnon, International President of State of Israel Bonds, Sean O'Sullivan, Member of Parliament, representing Hamilton-Wentworth and Ilan Cohen, Director of New Leadership Activities for State of Israel Bonds.

Israel Bond President Michael Arnon served as Secretary of the Israel Cabinet following a distinguished career in the diplomatic service of Israel, before assuming his present position. Prime Minister Golda Meir released Mr Arnon from his post as Secretary to assume responsibility for the administration and conduct of the world-wide campaign for Israel Bonds, because of the



Michael Arnon

central importance of economic strength and development in Israel's struggle to achieve peace.

Sean O'Sullivan, who recently returned from a visit to Israel and several Arab States as part of the Progressive Conservative Party Mission to the Middle East, is the youngest member ever elected to Parliament. A former Administrative Assistant to John Diefenbaker, Mr O'Sullivan has been an outstanding spokesman in support of Israel.

The Central Regional Conference will be chaired by Norine Daniels, National Vice-President for the Ontario Region of State of Israel Bonds and former General Chairman of the Toronto Israel Bond Committee. Alan Bronfman,



Sean O'Sullivan

National President of State of Israel Bonds, Reuben Zimmerman, National Chairman of the Executive Committee and George Cohon, National Campaign Chairman, will also participate.

Highlights of the weekend Conference will include a reception by Ambassador and Mrs Mordechai Shalev at the Residence, Kinnerth, and a barbeque party at the home of Mr and Mrs Gilbert Greenberg.

Young adults in the Ottawa Jewish Community wishing to participate with their peers from Quebec and other parts of Ontario, may obtain further information from the Ottawa Israel Bond Office - 236-7139.

One Medical Man's Response

I would like to make some comments with reference to the column, "One Rabbi's Response" by Rabbi Roy D. Tanenbaum in the Ottawa Jewish Bulletin and Review, April 22, 1977, page 7.

Rabbi Tanenbaum's response was to the question "I have been placed on a salt-free diet. How can I kosher meat?"

On first reading the response by the worthy Rabbi, I was amused, but my wife was not amused and my daughter Corinne, who lives in Toronto and receives the Bulletin wrote me urgently as follows:

"Dear Dad — You have told me on a number of occasions that there is absolutely no harm done to a person with a heart condition eating salted meat (that is meat which has been salted for Kashrut purposes). If this is indeed the case, please write the Ottawa Jewish Bulletin and indicate this in as strong a language as possible. A very great CHILLAL HASHEM (profaning of G-d's name) will occur in the Ottawa Jewish Community otherwise. People will use Rabbi Tanenbaum's statement as an excuse not to provide themselves with kosher meat. I do not believe that potassium chloride is an adequate substitute for sodium chloride (salt) in this case."

Thus I am obliged to write these comments.

In the first place, physicians do not instruct their patients to go on a completely salt-free diet, because such a diet is almost an impossibility if one is to give the patient all the essential nutrients which the body requires without producing malnutrition. The only foods that are completely free from salt are fruits and white rice. Secondly we have available certain drugs, diuretics, that do an extremely good job in removing from the body any excess salt while still permitting the diet to be palatable and provide the essential vitamins, minerals and proteins.

The laws concerning the salting of meat state specifically that "after the meat has remained in the salt the proper length of time, the salt should be entirely removed therefrom, and the meat thoroughly washed three times (Code of Jewish Law, page 117, Article 12)".

Rabbi Tanenbaum states that "some of the salt used in koshering is absorbed in the meat and that this procedure (thorough washing) would not be effective". Studies have shown that meat which has been salted and washed and then boiled in a generous amount of water and the broth discarded, was found to contain 63 mg per 100 gm (4 oz) of meat. Since the lowest sodium diet a patient is placed on is usually about 1000 mg the allowance for meat is adequate as long as other foods with a high salt content are omitted. We do not believe in total sodium restriction, as too rigid a regime of that type can have adverse effects on the metabolism of the patient.

It is important to realize that non-kosher meat with the blood retained contains more salt than koshered meat and because of the blood it contains may harbour diseases which the koshering process helps to eliminate.

With regard to potassium chloride I wonder if the worthy Rabbi has ever tasted it. For medicinal purposes the taste has to be disguised otherwise it is very disagreeable.

In certain illnesses, such as kidney disease, Addison's disease and certain other conditions, potassium chloride is definitely contraindicated. Potassium intoxication may result from overdosage of potassium and may be fatal, so it is not a substance that should be available in large quantities in the household.

Also it may be of interest to realize that salt substitutes prescribed for some patients on low salt diets contain among other ingredients 10 mg of sodium, so it is really difficult to get away from it as there is no real salt substitute.

Of all the religious laws and observances, the dietary laws have had the major share in fashioning and maintaining the distinctive character of the Jewish people, their purpose and background, particularly for health reasons are unique and have stood the test of time. They are G-d's laws and as such should not be tampered with.

Nathan Schecter, M.D.


A. M. Hochberg
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2 for 325⁰⁰

Vests \$30 Extra

Includes All Fittings And Try-Ons
No Extra Charge For Oversizes



BOTH STORES

216 Rideau St.

Just below the Hayloft

L'Esplanade Laurier

Bank St. at Laurier

Final Program of Season

On Sunday, May 29, Rabbi Reuven P. Bulka of Congregation Machzikei Hadas will host the last "Quest" program of the season. He will interview Dr. Arthur M. Blank on The Psychologist's Quest. Broadcast time: 1:30 p.m.

STUDENT and ADULT VOLUNTEERS

Freedom can be won every day with your help!

The Soviet Government responds to Jewish opposition. We must be:

- INFORMED
- DISCIPLINED
- ORGANIZED

Are you able to schedule time to research, plan and implement such opposition this summer? If so call: Rabbi Don Gerber — 224-1802.

Canadian Committee for Soviet Jewry



One Rabbi's Response

by

Rabbi Roy D. Tanenbaum

Dear Readers: It is distinctive that over the two years it has been my pleasure to produce a column on halachic subjects, except for one unsigned letter, no "denominational" complaint has been addressed communally, and second, to the warm regard I maintain for the halacha and that I always indicate where my "response" is personal opinion and where it is based on sources. Readers of all backgrounds have also said that they appreciate the fact that the column pretends only to be "one rabbi's response" and does not hide the Conservative affiliation of the writer.

In this issue is an article from the Vaad HaKashrut on salt. We have all approved the wording. Its composition was in part motivated by this column. It clarifies what I thought was already clear. Nevertheless, I welcome the opportunity to eliminate any misconceptions.

Regarding salt, I thought it was clear that the discussion and alternatives proposed, were based on personal research. In fact, the column expressly stated that the views presented were not accepted by others. I published my view on the basis of original work by Rabbi Isaac M. Klein of Buffalo, an authority whom I hold in high regard. Though consulting physicians said and still maintain that potassium chloride is safe for people on a low sodium diet, the precaution was taken to advise each individual to check with his own doctor. Furthermore consulting chemists still assure me that potassium salt has as much or more absorptive qualities as table salt. That does not alter the fact that potassium chloride has not been accepted as an absorptive agent by leading rabbinic authorities. Until it has been, our official Vaad HaKashrut policy must be stated as in the accompanying article.

In Europe, there were great community debates, for example, over the kashrut of certain fish. I do not wish to instigate one over salt. Everybody now knows the majority opinion and my minority opinion. I intend to let it go at that.

Signed questions to be answered in this column may be addressed to "Response", Ottawa Jewish Bulletin and Review, 151 Chapel Street. Rabbi Tanenbaum is a Conservative Rabbi at Agudat Israel Synagogue in Ottawa.

Seek War Crimes Suspect

The National Holocaust Committee is seeking information about the suspected war criminal Franz Walek (also known as Valus). Walek, a war-time officer of the S.S. or the Gestapo is accused of torturing and murdering Jews in the ghettos of Czestochowa and Kielce in occupied Poland.

Information about this case is needed immediately and witnesses to these crimes or anyone having information about Walek's activities is asked to contact the National Holocaust Committee, at (514) 931-7531, ext 51 - Mr Avraham Weiss.

Brundibar Auditions

Auditions for the production of "Brundibar" will be held on Tuesday May 31 and Wednesday June 1 between 4:00 - 5:30 pm and 7:00 - 8:30 pm (for both dates) in the Auditorium of the Jewish Community Centre. Brundibar, sponsored by the Canadian Council of Christians and Jews, is a two act musical scheduled for performance in November. The Brundibar Committee requires singers and actors, both for the

chorus and as soloists, between the ages of 9-17 to participate in this children's opera which was performed so often in the concentration camp of Terezin. The Committee also seeks designers for sets and costumes as well as artists to create posters. It is hoped that the production will involve a large and varied cross-section of young people from all over Ottawa. For information call Gretl Fischer at 731-9294.

Galaxy of Top Parliamentarians attend CICC Gala — May 26

In celebration of its only Fund-Raising event of the year, CICC (The Canada-Israel Cultural Foundation), presents an evening of unique entertainment and very special refreshments:

1) As pictured here, the Honourable Mitchell Sharp will play selected Piano Duets with Evelyn Greenberg.

2) Geoff Scott, a respected member of the Parliamentary Press Gallery, but better-known as a clever satirical impersonator of famous figures in Canadian political circles, will act as MC.

3) Francois Bernier, recently returned from his exchange visit to Israel, will conduct "The Choir on the Hill", a newly-formed vocal group comprised of MP's! Come and meet your own and other favourite MP's.

4) The Honourable John Roberts, Secretary of State, will draw the winning "Twin Trips for Two" ticket.

To enhance your evening's enjoyment even further, there will be red and white wines served with delicious "nibble food", plus unique desserts prepared by Chef Jan Van Vierendeck and his staff, from the Parliamentary Dining Room.

Admission to the Gala Party which gets underway at 8:00 pm is free to all Lottery Ticket holders — one ticket admits one person. The prize is incredibly valuable: 2 weeks in Israel and Europe, plus one week in Nassau for 2 people, any time the winner chooses. These tickets have been printed in a very limited quantity so that the mathematical chances of winning are exceptionally high. You may still purchase tickets from Lisa Cogan (746-7297) or Jill Stern (224-8513) or, for that last-minute decision, tickets will be made available at the Railway Committee Room, Centre Block, on May 26.

New Journal in Publication

The first issue of the new Journal of the Jewish Historical Society of Canada will be published shortly. The Journal will contain extracts from the papers delivered at the Learned Society's Assembly at Laval University last June as well as book reviews and other articles of interest. To be published semi-annually, the first issue is devoted to Quebec Jewry.

Subscriptions are invited at \$6.00 per year. Cheques should be made payable to the Canadian Jewish Congress and sent to Rabbi Dr. Jonathan V. Plaut, Editor, c/o Congregation Beth El, 2525 Mark Avenue, Windsor, Ontario. N9E 2W2.

The editors believe that the Journal is the beginning of an exciting and worthwhile undertaking which will be well received by libraries and academic institutions around the world.

ORT Meets

The Kadimah Chapter of Ottawa Women's Ort will hold its next meeting on Wednesday May 31 at 7:45 pm at the home of Mrs Vicky Fish. Call 225-4832 for further information.



Evelyn Greenberg and The Honourable Mitchell Sharp take a practice run before their "debut" at the Gala.



The Honourable John Roberts, Secretary of State.



Geoff Scott, MC

This event provides the funds for further exchanges between Canada and Israel in the arts, a most worthy cause. Have a won-

derful evening of fun, entertainment and good eating, while supporting further cultural interchange.

Teen Shavuaton Planned

To celebrate Shavuot, Young Israel of Ottawa is sponsoring a two-day Shavuaton, at the Shul, 627 Kirkwood Avenue, for all high school students in the Ottawa area, from Sunday May 22 until Tuesday May 24. There will be separate programs for students in grades 7-9 and grades 9-13.

The Shavuaton will feature singing, dancing, discussions and communal holiday meals. A highlight will be the All Night Judaic Jamboree, on Sunday going through until Monday morning.

For further information contact Rabbi Berger at 722-5029, or Sorrel Sherman at 728-4500.

Couples Weekend Retreat

Fifteen Ottawa couples can join 15 couples from Montreal in a Weekend Retreat from Friday, June 17 until Sunday June 19, at Camp Gan Yisroel in the Laurentians. The Retreat, sponsored by Chabad House of Montreal, will allow couples to relax and enjoy the camp's recreation facilities including swimming, rowing and canoeing, along with a communal Shabbaton and Melaveh Malkah party on Saturday night. Babysitting services will be provided for children.

The cost for the weekend, including all meals, is \$49.00 per couple, plus \$5.00 for each child 11 years of age and under and \$12.00 for each child over 11.

Registration is limited and will be on a first-come-first-served basis. The deadline for registration is June 9. To register, please send a cheque for \$25.00 to Young Israel of Ottawa, 627 Kirkwood Avenue and indicate the number in your family who will attend.

For more information, contact the Shul or Estelle Melzer at 722-0721, Monique Lithwik at 729-4111 or Liz Wolynetz at 725-3260. If enough people are interested, a bus will be chartered for the Ottawa participants.



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Jewish Community Centre Spotlights

President Announces Centre Staff Changes

Irving Rivers, President of the Jewish Community Centre, announced that Diane Palmason has been hired as a Health and Physical Education Assistant at the Jewish Community Centre. She replaces Leslie Shier who will leave the JCC in June after 4 years' service.

Miss Palmason received her B.A. from Queen's University and was a member of Canada's team at the Pan-American Games. She is presently involved in graduate work at the University of Ottawa School of Human Kinetics.

Miss Palmason has taught in the public school system as a teacher and has been an Alpine skiing instructor as well as figure skating teacher.

The Jewish Community Centre



Diane Palmason

feels most fortunate in securing her services and looks forward to a much enlarged physical education program.

Judy Kizell is Adult Worker

Judy Kizell has been hired as the Centre's new Adult Worker. She took up her new duties this past week.

Miss Kizell has completed the Social Services Worker Program at Algonquin College and she brings to the Centre considerable experience in working with adults and senior citizens. She has also recently completed a year's

placement in the Social Work Department of the Ottawa Civic Hospital.

Judy Kizell has been an active volunteer assisting in the resettlement of immigrants from the USSR.

The Jewish Community Centre welcomes Miss Kizell to the staff. She can be reached at 232-7306.

New Shaliyah Here Soon

Hillel Brustein will be the new Israeli Shaliyah at the Jewish Community Centre, replacing Larry and Ella Harris who return to Israel in August.

Mr. Brustein is a member of Kibbutz HaGoshrim. He attended at 2-year seminar for youth aliyah and has a B.A. from Tel Aviv University in geography. He is sergeant major in the Israeli armored corps.

Mr. Brustein is 35 years of age, married and has two children aged 2 and 4. His wife Gittit is a teacher, who completed her masters degree.

Mr. Brustein is being brought over by the Dror movement and will be connected to this program while he is in Ottawa.

Ella Says Shalom



Ella Harris, the Israeli Shlichah, is terminating her stay in Ottawa along with Larry and their two sons.

Ella teaches music, conducts, and sings. She will give a presentation on Naomi Shemer, an Israeli composer and writer, who has incorporated in her popular music the past heritage of the Jewish people and Israel. The lecture will be accompanied by the "Israella" group, who will sing some of Naomi's songs.

This presentation will take place in the Adult Lounge of the Jewish Community Centre on Saturday evening, June 4, at 8:30 p.m.

At the conclusion of the evening, there will be refreshments sponsored by the Beth Shalom Sisterhood.



Youth Corner

by Michael Wolfe

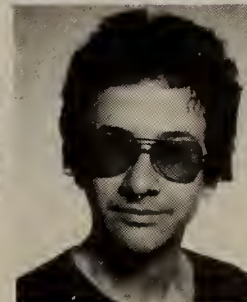
Youth Services Co-ordinator

Camp Staff Anticipate Season

I would like to introduce our Arts & Crafts staff to the community. Our Director will be Lynn Steiner who is graduating from the University of Ottawa with a Bachelor of Fine Arts Degree. Lynn brings to the J.C.C. Day Camp several years of art experience with children of all ages.



Lynn's assistant will be Shawn Greenberg who has been with the J.C.C. Day Camp for several years. Shawn has worked with children of all ages both at Day Camp and during the winter months at our Sunday Children's Program.



Day Camp Deadline

Last chance to register. Deadline June 1. Registration after June 1 will incur a late fee charge. All registered parents, please remember that payment in full is due prior to June 15.

Part-time youth staff needed for fall:

One children's worker to supervise program for children 4 - 11 mainly on Sundays; ten-hour work week. Good salaries, excellent experience.

One tween worker to work with children from about 10 - 13 years of age in recreational and social programs. Ten-hour work week, good salaries, excellent experience.

For both these positions, call Michael Wolfe at 232-7306. Jobs start in September 1977 and last until May 1978.

בלי תורה אין קמח

Without Flour There Is No Torah

JCC Librarian's Recommendations

by Miriam Paghis

Wanted. By Howard Blum. America, a haven for Nazi war criminals? It sounds unbelievable. This book gives a hair-raising account of Tony De Vito's investigation of four suspected Nazi war criminals. It cites records of stolen government files, unexplainable court and Immigration Service delays, State Department inaction and special Congressional friends. It is a hard-hitting expose that reads like the latest suspense thriller.

To raise a Jewish child. A guide for parents. By Rabbi Hayim Halevy Donin. Here's a Jewish Dr. Spock to help concerned parents in some of the problems confronting Jewish families today. There is advice on every aspect of child-raising from the religious to the psychological: on the right school for your child, peer-group pressures from non-Jews, adoption, conversion, and many other important issues.

A bag of marbles. By Joseph Joffe. This is an account of how the author and his brother (10 and 12 respectively) armed with knapsacks, 50 francs and lots of chutzpah, dodged the S.S., hid, ran, bluffed and scrounged their way into unoccupied France and ultimately into hiding in the French Alps.

The myth of the Jewish race. By Raphael Patai and Jennifer P. Wing. The authors examine the various strands that have gone into making the Jewish People of today. They describe in fascinating detail the extent that intermarriage, interbreeding, proselytism, slavery and other factors, have shaped the Jewish population from Biblical times to the present.

They also discuss measurable genetic and behaviorable differences among various groups of Jews, and between Jewish and non-Jewish populations, and conclude that such differences are not enough to make the Jews a separate race.

A great gift idea. The Jewish Publication Society has a scheme whereby a Bar or Bat Mitzvah, can choose a 2-unit book each year for 5 years, from an annual list. The donor's name is inscribed on a special certificate and sent to the recipient of the gift. To take advantage of this offer, one sends \$36 (American), the donor's name and address, the recipient's name and address, the occasion and its date, to: The Jewish Publication Society, 1528 Walnut Street, Ste. 800, Philadelphia, Pennsylvania, 19102, U.S.A.



236 SLATER STREET
OTTAWA/ONTARIO
238-7500





Jewish Community Centre Spotlights

Sportscamp New at JCC

Physical Education in a Jewish Setting

The Sports Camp is a new feature being offered by Camping Services to boys and girls, grades 5-8.

In the camp the emphasis will be on introducing the camper to a variety of exciting activities not normally offered in a day camp setting. The new skills learned will be put to use in a recreational (as opposed to overly competitive) atmosphere, allowing each child to achieve his or her success level.

Fees for Sports Camp will be the same as for regular day camp. However, lunch will not be provided.

facilities

The camp will be based at the J.C.C. but much of the programming will take place at various locations around the city, i.e. Mooney's Bay, Dow's Lake, Gatineau Hills, equestrian sites.

staff

The staff will be highly qualified university students with physical education and recreation backgrounds. Ron Boro, Director of Health and Physical Education at the J.C.C. will be in charge of the Sports Camp. Mr. Boro offers a decade of camping, teaching and coaching experience to the camp as well as a strong commitment to youth and physical education.

activities planned		individual sports
water sports		track
Red Cross instruction		fitness
open swimming		badminton
canoeing		racquetball
sailing		tennis
rowing		
water polo		
		combative & gymnastics
team sports		apparatus
basketball	baseball	mat work
volleyball	football	wrestling
soccer	floor hockey	karate
		other
		horseback riding
		camping
		recreational games
		sessions

Full camp — 7 weeks — July 4 - August 19

1st period — 3½ weeks — July 4 - July 26

2nd period — 3½ weeks — July 27 - August 19

There will be no camp on the civic holiday Monday, August 1.

Membership Committee

Steve Victor, the Chairman of the Membership Campaign, announced that the following captains have been chosen to head up the Jewish Community Centre Membership Campaign: Leon Bronstein, Dan Cantor, Murray Cohen, Joe Ghetler, Daniel Kimmel, Debbi Levine, Elliott Levitan, Ethel Malek, John Marks, Herb Pearl, Fred Ross, Morton Ross, Mel Schwey, Thelma Steinman, Martin Tatz, Sheldon Taylor, Marilyn Waserman, Charles Wiseman.

The Centre is planning an active solicitation campaign and will be contacting more than 2,800 families. The goal of this Membership Campaign is to enrol 1,000 Jewish families as members.

Umpires Needed

For Women's Softball League
Contact Ron Boro
at 232-7306



Bryn Hoffman and Ziva Stocker lift legs high as they walk through the ladder.

Racquetball Tournament

by Stephen Saslove

Ottawa hosted the first annual National Capital Open Racquetball Tournament March 18-20 at the Ottawa Athletic Club. Several of the top players in Eastern Canada and the Northeastern U.S. competed. The tournament was founded and organized by Stephen Saslove of the J.C.C.

Several of the J.C.C. players competed and acquitted themselves admirably. In the Open Doubles the teams of Len Farber and Andy Katz and Steve Kimmel and Steve Kerzner made it to the semi-final consolation round before bowing out. In the B Singles top seed 1 was upset in the second round and then received a physical battering losing to former football lineman Jean Grouin of Ottawa University in the consolation semi-final 16-21, 21-19, 7-11.

In the tough C draw Brent Taylor, Len Farber, Steve Kerzner and Joel Freedman were seeded 1, 3, 5 and 6 respectively. Others who competed in the C draw from J.C.C. were Andy Katz, Norm Lesh and Steve Kimmel. It is a tribute to these people that all except one, made it at least into the second round of the main draw. Incidentally, Kerzner avenged an opening round loss by defeating former Rough Rider Tom Cullen 16-21, 21-3, 11-6 to capture the C class consolation trophy. Back in the main draw, Len Farber defeated Norm Lesh in the quarter finals 21-7, 21-20. Also in the quarters Joel Freedman bowed to second seed Mike Gora of Toronto 5-21, 15-21. Gora went on to down Len Farber in the semis 21-13, 21-14. Our shining star was Brent Taylor. He opened by blasting Bob Bielawski of Hamilton 21-2, 21-2. Then Gerry Bourgeon of Ottawa was destroyed 21-2, 24-6. This earned Brent a semi final slot against experienced and wily Trevor Harrison of Montreal. Again Brent went the two game route in a real crowd pleaser 21-14, 21-15. Although he had to settle for second place to Gora in the final 18-21, 11-21, we can be very proud of Brent's sparkling performance.

Congratulations to all the participants.

Preschool Family Program



"Train Ride" preschoolers travel in style.

Everyone involved in our preschool program is invited to join us for gym, fun, a swim in our outdoor heated pool and a picnic on Sunday June 5, from 10:30 a.m. to 12:30 p.m. Bring a dairy lunch, and

we will provide drinks and dessert.

Please let our co-ordinator Leslie Shier know before May 29 if you are planning to attend. Hope to see you there!

The Questions

Inclusive tour? Charter class holiday? Excursion fare? Advance booking charter? Rail Passes? Cruise holiday? Hotel rates? Baggage transfers? Sightseeing tours? Special attractions? Flight insurance? Vaccinations? Passports? Visas? Clothing requirements?

The Dilemma

Travel today is no simple matter. With so many travel plans on the market, how is one to know if one is getting the best value for their money? There must be a way to make it all seem so easy... BUT WHERE?

The Answer

Admiral Travel, people who care. Our travel consultants are fully aware of the problems of holiday planning. They are experts, who through knowledge and a vast amount of experience can suit your travel needs and your budget at no extra cost. Simplify your problems. CALL ADMIRAL.

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10:00 A.M. — 2:00 P.M.



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Gym-Pool Summer Hours

GYM

June 1 - June 14

Weekdays 9:00 a.m. - 9:30 p.m.
Friday 9:00 a.m. - 2:00 p.m.
Sunday 9:30 a.m. - 3:30 p.m.

June 15 - September 5

Weekdays 9:00 a.m. - 8:30 p.m. Friday 9:00 a.m. - 3:00 p.m.
Sunday 9:00 a.m. - 1:00 p.m.

NOTE 1: Sunday schedule will be used for holidays unless otherwise stated.

NOTE 2: Gym is closed on May 23 and 24, 1977.

POOL

Weekdays 4:00 p.m. - 8:30 p.m.
Friday 4:00 p.m. - 6:00 p.m.
Sunday 9:30 a.m. - 5:00 p.m.

NOTE: During the period of July 4 - August 22, Day Camp uses the pool from 9:00 a.m. to 4:00 p.m. The pool is not open to the public. The Noon Fitness class will have access to the pool from 12:00 noon till 1:15 p.m.

Portrait of a Family (Russia)

Sister Sarah
*Granted exit visa
to Israel,
1972.*

Sister Natasha
*Emigrated
to United States,
1924.*

Cousin Shmuelik
*Captured fighting
with partisans
in Poland.
Executed in field,
1943.*

Sister Fanya
*Killed in
Treblinka,
Date Unknown.*



Brother Abrasha
*Decorated at Stalingrad.
Applied for exit visa to
Israel. Refused.
Imprisoned: three years.*

Rebecca Lev
*Murdered at Babi-Yar,
1942.*

Moshe Lev
*Murdered at Babi-Yar,
1942.*

Brother Benjamin
*Died at Auschwitz,
Date Unknown.*

Sister Esther
*Killed in Majdanek,
Date Unknown.*

Not all Jews can take "family" for granted and we must help to ensure that Jewish families don't become an endangered species.

If you have not yet made your 1977 U.J.A. pledge, please do so now.

If you have made, but not yet paid, your pledge, please do so now.

Let's prove that We Are One.